



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 09268, Pineapple, canned, juice pack, solids and liquids

Report Date: June 30, 2017 20:49 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

| Nutrient                        | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, crushed, sliced, or chunks 249g | 1 slice or ring (3" dia) with liquid 47g |
|---------------------------------|------|------------------|-------------|------------|--|--|
| <strong>Proximates</strong>     |      |                  |             |            |  |  |
| Water                           | g    | 83.51            | 86          | 0.128      | 207.94                                 | 39.25                                    |
| Energy                          | kcal | 60               | --          | --         | 149                                    | 28                                       |
| Energy                          | kJ   | 251              | --          | --         | 625                                    | 118                                      |
| Protein                         | g    | 0.42             | 679         | 0.004      | 1.05                                   | 0.20                                     |
| Total lipid (fat)               | g    | 0.08             | 447         | 0.001      | 0.20                                   | 0.04                                     |
| Ash                             | g    | 0.30             | 86          | 0.004      | 0.75                                   | 0.14                                     |
| Carbohydrate, by difference     | g    | 15.70            | --          | --         | 39.09                                  | 7.38                                     |
| Fiber, total dietary            | g    | 0.8              | --          | --         | 2.0                                    | 0.4                                      |
| Sugars, total <sup>1</sup>      | g    | 14.45            | 1           | --         | 35.98                                  | 6.79                                     |
| Sucrose <sup>1</sup>            | g    | 0.25             | 1           | --         | 0.62                                   | 0.12                                     |
| Glucose (dextrose) <sup>1</sup> | g    | 7.70             | 1           | --         | 19.17                                  | 3.62                                     |
| Fructose <sup>1</sup>           | g    | 6.50             | 1           | --         | 16.18                                  | 3.06                                     |
| <strong>Minerals</strong>       |      |                  |             |            |  |  |
| Calcium, Ca                     | mg   | 14               | 667         | 0.214      | 35                                     | 7  |
| Iron, Fe                        | mg   | 0.28             | 676         | 0.007      | 0.70                                   | 0.13                                     |
| Magnesium, Mg                   | mg   | 14               | 84          | 0.204      | 35                                     | 7  |
| Phosphorus, P                   | mg   | 6                | 84          | 0.158      | 15                                     | 3  |
| Potassium, K                    | mg   | 122              | 456         | 1.795      | 304                                    | 57                                       |
| Sodium, Na                      | mg   | 1                | 627         | 0.147      | 2                                      | 0  |
| Zinc, Zn                        | mg   | 0.10             | 84          | 0.003      | 0.25                                   | 0.05                                     |
| Copper, Cu                      | mg   | 0.086            | 84          | 0.003      | 0.214                                  | 0.040                                    |
| Manganese, Mn                   | mg   | 1.121            | --          | --         | 2.791                                  | 0.527                                    |

| Nutrient                               | Unit | 1               | Data points | Std. Error | 1 cup, crushed, sliced, or | 1 slice or ring (3" dia) with |
|--|------|-----------------|-------------|------------|----------------------------|-------------------------------|
|  |      | Value Per 100 g |             |            | chunks 249g                | liquid 47g                    |
| Selenium, Se                           | µg   | 0.4             | --          | --         | 1.0                        | 0.2                           |
| Fluoride, F <sup>2 3</sup>             | µg   | 4.2             | 11          | 1.102      | 10.5                       | 2.0                           |
| <b>Vitamins</b>                        |      |                 |             |            |                            |                               |
| Vitamin C, total ascorbic acid         | mg   | 9.5             | 659         | 0.119      | 23.7                       | 4.5                           |
| Thiamin                                | mg   | 0.095           | 98          | 0.002      | 0.237                      | 0.045                         |
| Riboflavin                             | mg   | 0.019           | 89          | 0.000      | 0.047                      | 0.009                         |
| Niacin                                 | mg   | 0.284           | 86          | 0.009      | 0.707                      | 0.133                         |
| Pantothenic acid                       | mg   | 0.100           | --          | --         | 0.249                      | 0.047                         |
| Vitamin B-6                            | mg   | 0.074           | --          | --         | 0.184                      | 0.035                         |
| Folate, total                          | µg   | 5               | --          | --         | 12                         | 2                             |
| Folic acid                             | µg   | 0               | --          | --         | 0                          | 0                             |
| Folate, food                           | µg   | 5               | --          | --         | 12                         | 2                             |
| Folate, DFE                            | µg   | 5               | --          | --         | 12                         | 2                             |
| Choline, total                         | mg   | 4.8             | --          | --         | 12.0                       | 2.3                           |
| Vitamin B-12                           | µg   | 0.00            | --          | --         | 0.00                       | 0.00                          |
| Vitamin B-12, added                    | µg   | 0.00            | --          | --         | 0.00                       | 0.00                          |
| Vitamin A, RAE                         | µg   | 2               | 75          | 0.089      | 5                          | 1                             |
| Retinol                                | µg   | 0               | --          | --         | 0                          | 0                             |
| Carotene, beta                         | µg   | 23              | --          | --         | 57                         | 11                            |
| Carotene, alpha                        | µg   | 0               | --          | --         | 0                          | 0                             |
| Cryptoxanthin, beta                    | µg   | 0               | --          | --         | 0                          | 0                             |
| Vitamin A, IU                          | IU   | 38              | 75          | 1.788      | 95                         | 18                            |
| Lycopene                               | µg   | 0               | --          | --         | 0                          | 0                             |
| Lutein + zeaxanthin                    | µg   | 0               | --          | --         | 0                          | 0                             |
| Vitamin E (alpha-tocopherol)           | mg   | 0.01            | --          | --         | 0.02                       | 0.00                          |
| Vitamin E, added                       | mg   | 0.00            | --          | --         | 0.00                       | 0.00                          |
| Vitamin D (D2 + D3)                    | µg   | 0.0             | --          | --         | 0.0                        | 0.0                           |
| Vitamin D                              | IU   | 0               | --          | --         | 0                          | 0                             |
| Vitamin K (phylloquinone) <sup>4</sup> | µg   | 0.3             | 1           | --         | 0.7                        | 0.1                           |
| <b>Lipids</b>                          |      |                 |             |            |                            |                               |
| Fatty acids, total saturated           | g    | 0.006           | --          | --         | 0.015                      | 0.003                         |
| 4:0                                    | g    | 0.000           | --          | --         | 0.000                      | 0.000                         |
| 6:0                                    | g    | 0.000           | --          | --         | 0.000                      | 0.000                         |

| Nutrient                           | Unit | 1             |             |            | 1 cup, crushed, sliced, or chunks<br>249g | 1 slice or ring (3" dia) with liquid<br>47g |
|------------------------------------|------|---------------|-------------|------------|---|---|
|                                    |      | Value Per 100 | Data points | Std. Error |   |   |
| 8:0                                | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 10:0                               | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 12:0                               | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 14:0                               | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 16:0                               | g    | 0.004         | --          | --         | 0.010                                     | 0.002                                       |
| 18:0                               | g    | 0.002         | --          | --         | 0.005                                     | 0.001                                       |
| Fatty acids, total monounsaturated | g    | 0.010         | --          | --         | 0.025                                     | 0.005                                       |
| 16:1 undifferentiated              | g    | 0.001         | --          | --         | 0.002                                     | 0.000                                       |
| 18:1 undifferentiated              | g    | 0.009         | --          | --         | 0.022                                     | 0.004                                       |
| 20:1                               | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 22:1 undifferentiated              | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| Fatty acids, total polyunsaturated | g    | 0.029         | --          | --         | 0.072                                     | 0.014                                       |
| 18:2 undifferentiated              | g    | 0.017         | --          | --         | 0.042                                     | 0.008                                       |
| 18:3 undifferentiated              | g    | 0.012         | --          | --         | 0.030                                     | 0.006                                       |
| 18:4                               | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 20:4 undifferentiated              | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 20:5 n-3 (EPA)                     | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 22:5 n-3 (DPA)                     | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| 22:6 n-3 (DHA)                     | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| Fatty acids, total trans           | g    | 0.000         | --          | --         | 0.000                                     | 0.000                                       |
| Cholesterol                        | mg   | 0             | --          | --         | 0   | 0   |
| <b>Amino Acids</b>                 |      |               |             |            |   |   |
| Tryptophan                         | g    | 0.005         | --          | --         | 0.012                                     | 0.002                                       |
| Threonine                          | g    | 0.010         | --          | --         | 0.025                                     | 0.005                                       |
| Isoleucine                         | g    | 0.010         | --          | --         | 0.025                                     | 0.005                                       |
| Leucine                            | g    | 0.016         | --          | --         | 0.040                                     | 0.008                                       |
| Lysine                             | g    | 0.019         | --          | --         | 0.047                                     | 0.009                                       |
| Methionine                         | g    | 0.011         | --          | --         | 0.027                                     | 0.005                                       |
| Cystine                            | g    | 0.001         | --          | --         | 0.002                                     | 0.000                                       |
| Phenylalanine                      | g    | 0.010         | --          | --         | 0.025                                     | 0.005                                       |
| Tyrosine                           | g    | 0.010         | --          | --         | 0.025                                     | 0.005                                       |
| Valine                             | g    | 0.013         | --          | --         | 0.032                                     | 0.006                                       |
| Arginine                           | g    | 0.014         | --          | --         | 0.035                                     | 0.007                                       |

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|--------------------------------|------|------------------------|-------------|------------|--|--|
|                                |      |                        |             |            |  |  |
| Histidine                      | g    | 0.009                  | --          | --         | 0.022  | 0.004  |
| Alanine                        | g    | 0.021                  | --          | --         | 0.052  | 0.010  |
| Aspartic acid                  | g    | 0.095                  | --          | --         | 0.237  | 0.045  |
| Glutamic acid                  | g    | 0.048                  | --          | --         | 0.120  | 0.023  |
| Glycine                        | g    | 0.016                  | --          | --         | 0.040  | 0.008  |
| Proline                        | g    | 0.011                  | --          | --         | 0.027  | 0.005  |
| Serine                         | g    | 0.022                  | --          | --         | 0.055  | 0.010  |
| <b>Other</b>                   |      |                        |             |            |  |  |
| Alcohol, ethyl                 | g    | 0.0                    | --          | --         | 0.0  | 0.0  |
| Caffeine                       | mg   | 0                      | --          | --         | 0  | 0  |
| Theobromine                    | mg   | 0                      | --          | --         | 0  | 0  |
| <b>Flavonoids</b>              |      |                        |             |            |  |  |
| Isoflavones                    |      |                        |             |            |  |  |
| Daidzein <sup>5</sup>          | mg   | 0.00                   | 1           | --         | 0.00   | 0.00   |
| Genistein <sup>5</sup>         | mg   | 0.00                   | 1           | --         | 0.00   | 0.00   |
| Total isoflavones <sup>5</sup> | mg   | 0.00                   | 1           | --         | 0.00   | 0.00   |

**Sources of Data**

<sup>1</sup>W.J. Hurst, R.A. Martin, B.L. Zoumas Application of HPLC to Characterization of Individual Carbohydrates in Foods, 1979 Journal of Food Science 44 pp.892-893

<sup>2</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

<sup>3</sup>RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace The fluoride content of foods and beverages from negligibly and optimally fluoridated communities., 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

<sup>4</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

<sup>5</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331